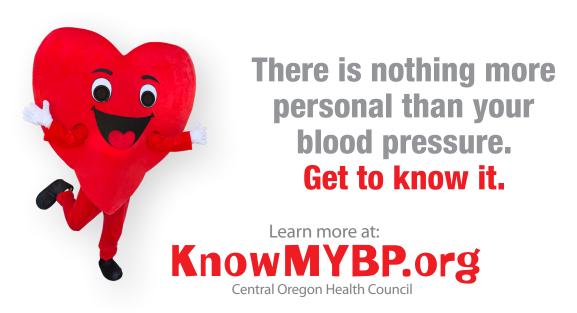
## Every adult DO YOU should know their blood pressure. KNOW YOURS?

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 - 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 - 139	or	80 - 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

High blood pressure can lead to stroke, vision loss, dementia, heart attack, heart failure, kidney disease/failure, and sexual dysfunction.



## **DID YOU KNOW?**

## **These Things RAISE Blood Pressure:**

- High salt diet.
- Processed food / Fast foods
- Pain relievers such as Advil®, Aleve®, ibuprofen, or naproxen (Tylenol®/acetaminophen is alright)
- Smoking, vaping, chewing, or otherwise using tobacco or nicotine
- More than one alcoholic drink a day
- Poor sleep, snoring or untreated sleep apnea (most often related to excess weight)
- Some depression medicines, cold medication, and ADHD medication
- Illegal drugs such as meth and cocaine
- Pain, anxiety or worry



High blood pressure is known as a "Silent Killer". Getting your blood pressure checked can be fast, easy, and free.

Learn more at:

WMYBP.org

Central Oregon Health Council